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Vol. XVII.
No. II.

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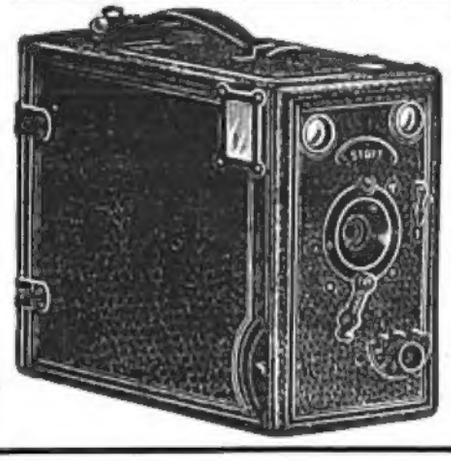

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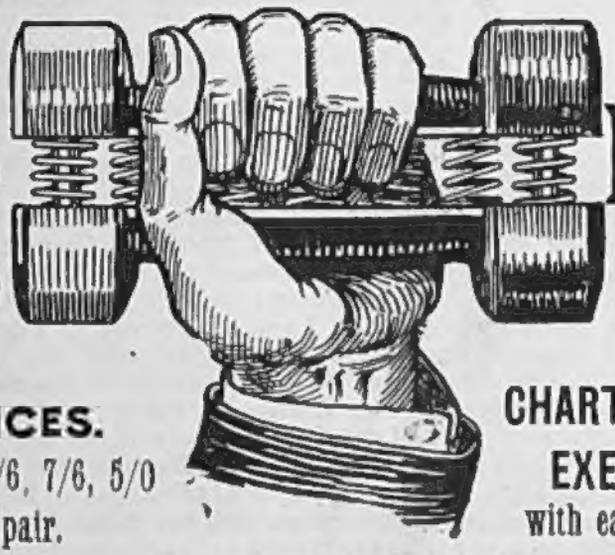

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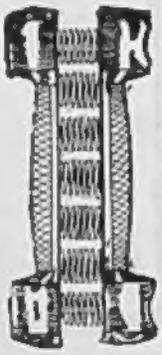

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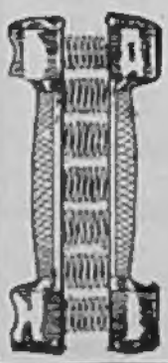

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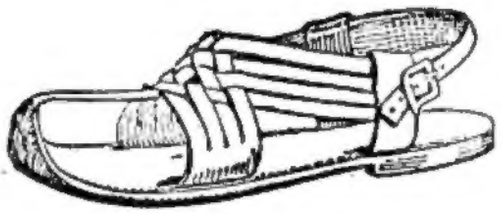

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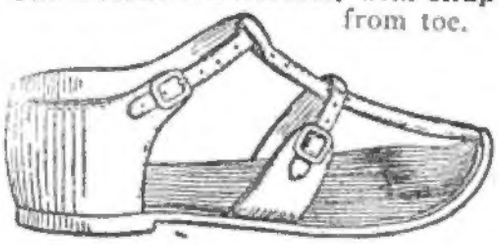

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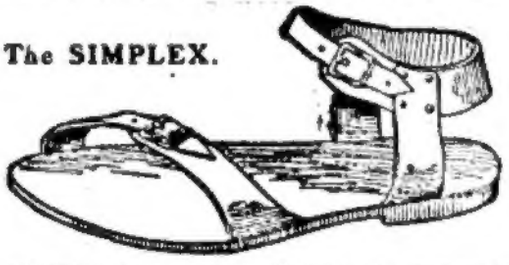

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(Est. 1898). VOL. XVII. No. 2. JULY 12, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINE.

MOTTO :—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Is an employer of labour justified in asking for proof of an applicant's physical fitness before engaging him? That is the question suggested by the very latest aspect of the labour problem. It appears that a large engineering firm in Sheffield has resolved that in future all applicants for work must first submit themselves to a medical examination, so as to ensure their physical fitness for the work to be undertaken. Here is another terror for the unemployed; yet, on the whole, my sympathy in the matter is entirely on the side of the employer.

o——o

In engineering and mechanical work especially, the work is very heavy, and a weak and inefficient worker is a serious loss to his employer. No matter how willing he may be, the fact must remain that he is incapable, and is, therefore, economically undesirable. But it is not only in engineering work that physical fitness is necessary. In every sphere of manual and mental labour, a worker's value is increased according to his physical condition. Trades unions have levelled the standard of wages, but the fact remains that one man will always possess a higher earning capacity than another, according to his health and strength.

o——o

As it is at present, the employer has many grievances. I was conversing with a large labour employer the other day, and he discussed the matter with me, making out a strong case for the masters. He contended that it is necessary at the very outset for an employer to learn if a man's sight is good, or his hearing sound, or his physical strength equal to the demands that his work will make upon him. In many cases, the result of employing men without first discovering these facts has been an accident that might never have occurred, and a heavy bill for compensation. The insurance companies, he added, are constantly

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insisting on the need for vigilant supervision, and the responsibilities of employers are already so great that they will yet have to protect themselves in this way.

o——o

Recruits for the army of industry will yet have to prove their fitness as the recruits of the regular army must do at present. Mr. Frank Hezelton, the secretary of the Employers' Federation, in conversation with a Manchester reporter, also declared that compulsory medical examination of some kind is a very probable part of future employment. In his own offices, they had settled something like 6,000 compensation cases, and many of these would never have happened but for some physical short-coming on the part of the worker himself.

o——o

If the employers do insist upon this condition of physical efficiency, the Trades Unionists threaten to fight it tooth and nail, even to the extent of a general strike. Yet, surely if an employer is purchasing a man's labour, he ought to be assured at least that the seller of the labour was in a fit condition to perform it. The only case where such a method would be unfair, it appears to me, would be in those truly pathetic cases where men's health has been sacrificed through years of hard work at some unhealthy occupation.

o——o

Fortunately, these workers look at last like receiving some practical assistance from the Government, and a committee is at present considering the question of dangerous occupations and compensation. In this category, I do not think anything can well be worse than the condition of the workers in the pottery district. Here is an extract from an article on the subject, which appeared recently in the *Daily Chronicle*.

o——o

The writer says that "even compared with the average of our working classes, they are a small, boneless, and anæmic stock. For generations the mothers have worked at the treadle, the wheel, the dust and the poisoned glaze. For generations, the babies have been put out to nurse as soon as the mothers could stand up again. I, at all events, am not in the least surprised at the casual immorality, the drink and gambling, in which the people find relief from the dreariness of their common life. What does surprise always is the helpfulness, the kindliness, the genial humour, and the earnest attempts at virtue among people whose existence is invariably hard and usually uncertain."

o——o

Yes, it certainly is a marvel that any remnant of virtue should be left to people who live amid such gloom, and misery, and under such unhealthy conditions as the poor slaves of the Pottery area. Just think of the terrible havoc wrought by the deadly lead poisoning alone. It takes various forms, but the commonest symptoms are violent colic, paralysis of the limbs, especially of the wrists, known as "hand-drop," blindness, and crippling pains like rheumatism. Women are more subject to it than men, the children of "leaded" mothers usually die, or if they live they inherit the effects of the poison, and women suffer especially from the lead anæmia, which results in complete prostration. As is well known, the disease is entirely due to the glaze in which the china and earthenware are dipped, and if people did not insist on having so high a glaze upon their cups and basins the disease would disappear. There is safety in leadless glaze, and even in lead glaze up to a certain percentage of lead. The employers are, of course, perfectly aware of this, and many of them have honestly done their utmost to produce harmless wares for sale. But hitherto they have failed, simply because the big shops and the public will not buy.

o——o

It is little wonder that the Staffordshire workers have little time to devote to or little interest in physical culture. The paucity of the letters I receive from the Black Country can only be explained in this way. It is rare, very rare indeed, that I receive any cheery letters from the Potteries.

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THE EDITOR (EUGEN SANDOW).

WHY WRESTLERS LAST LONGEST.

Most of them neither Drink nor Smoke, and Live Abstemious and Ascetic Lives.

PROBABLY no class of athletes have a longer vogue than wrestlers. Unlike some prize-fighters, their careers are measured by a span of years, usually from twenty-five to fifty. This is more or less due to the fact that they are a pretty abstemious lot when out of training as well as when in.

In order to last on the mat a wrestler must lead a far more careful life than a pugilist if he hopes to make a name and livelihood in his business. For at least nine months in the year he must keep in the best of condition. In fact, he must be in training all of the time. It is different, though, with the scrappers. The fighter who is on top of the heap or who is striving for a title is not required to take as much exercise as the wrestler. A pugilist at best engages in a half-dozen matches a year, whereas some wrestlers figure in as many contests each month.

Tom Cannon, the *doyen* of wrestlers, who is well-nigh in his 60th year, said recently that he did not begin to realise the fine points of his profession until he was near forty. At this age prizefighters are invariably on the down grade. Farmer Burns took up the sport on the mat at 35. To-day, past fifty, he is capable of holding his own with wrestlers who have not yet reached thirty. Like good wine, he seems to improve with age.

Tom Jenkins is forty, and may be said to be as many years young. Jenkins has no intention of retiring from the mat. At present he is instructing future defenders of America at West Point in the art of wrestling. Every day Jenkins is called upon to have a tussle with strong and ambitious youngsters. Sometimes Jenkins meets as many as twenty pupils in a day. Yet he finds his occupation congenial as well as profitable. Harvey Parker, for a long time the champion welterweight of the world, is forty-two. Parker is still up and doing. Parker is no lagger for work. In the various cities where wrestling is popular Parker is usually seen in matches with men much younger than himself. Yet Parker is able to hold his own and defeat his rivals in quick and decisive style. Parker is an athlete who neither drinks nor smokes. He is always in fettle, and revels in plenty of indoor and outdoor exercise.

One of the most careful wrestlers in the world as to his mode of living is probably Georges Hackenschmidt, the Russian lion. He is a most superstitious man, and believes that as soon as he quits his present mode of life his great strength will desert him. His observations of the demoralising effects of "wine, woman and song" are interesting. He practices as he preaches, and does not advise anything that he does not practice himself. For instance, he likes candy. He says that sweets of the best quality will make some persons strong. It has succeeded in his case. He is an early riser and an early retirer. The simplest of foods are good enough for him each day throughout the year. Maybe, once in a while, he might indulge in a glass of beer. This is taken with his meals, and used more as a stimulant than anything else. He believes in hard work. He says that this is the best mental as well as bodily exercise he knows of. When he is not training he finds plenty to occupy his mind with theatrical engagements or investments.

Billy Muldoon, who was the champion Graeco-Roman expert for years, is in his fiftieth year. Muldoon is a physical culturist, and has a place where he shows the indolent wealthy how to keep in good health.

Turkish wrestlers "go to the dogs" quicker than wrestlers of other nationalities. This is mainly due because they are too fond of coffee and cigarettes. The Turks believe in superfluous flesh to carry them to victory on the mat. Most of

them are naturally strong and vigorous, and imagine that obesity is their vitality. In some cases this has proved to be a fact. The late Youssuf and Nourallah were noted for their bulk and avoirdupois. Youssuf never bothered his head about training on modern lines. He neglected the road and dumb-bells for cigarettes, potatoes, and plenty of coffee and wine. The diet increased his strength, and he had no trouble in defeating his rivals easily. It was the same with Nourallah. But as the latter advanced in years he found that his excess weight was a handicap instead of an aid, and was forced to retire.

Frank Gotch, of Iowa, is twenty-five years old, and is another specimen of the wrestler who takes care of himself. He is a very abstemious young man, and temperate to the extreme in his habits. Gotch was a farm hand up in Iowa, wrestling in the hay fields, when Farmer Burns, who was then doing turns at the county fairs, heard of the phenom. Burns took hold of the young lad, and immediately realized that he possessed winning qualities. When the first match was made by Burns for the big farmer lad he was afraid to leave his home town, and after he did get him started he had a hard time to keep him on the road, as the country life appealed to the farmer boy.

Gotch is really only in the prime of his career. Should he take as good care of himself for the next five years as he has in the past, he will undoubtedly be the champion of the world before the five years have elapsed.

WHEN DOCTORS DISAGREE.
DR. POMPUS: Very well, very well, Dr. Young, we shall see at the *post mortem*.

—— BE DISCONTENTED AND WIN. ——

[The following article is a leader written by Mr. Arthur Brisbane Walker, who is employed by Mr. W. R. Hearst, of the "New York Journal" and numerous other papers. Mr. Walker's little sermons—as they really are—reach an audience of 5,000,000 weekly. They are sane, sound, and forceful in thought and expression. A volume of his leaders has just been published.—Editor.]

TOWARDS the future, toward that which is above us, toward the shadowy land of things that are to happen in the future, all men and women turn their hands and minds, consciously or unconsciously.

The primitive, superstitious mind sees in the threatening future strange and fearful shapes, toward which it turns hands in supplication. And the mind more highly developed sees ahead only the beautiful, cause for hope. In all minds dwells intellectual discontent—the desire to know more of the past and present and future.

In that discontent lie hope, steady progress.

At first the baby lies flat on its back, eyes staring up at the ceiling.

By and by he gets tired of lying on his back. *Discontent* with his condition makes him wriggle and wriggle. At last he succeeds in turning over.

If he were contented then, there would be no men on earth—only huge babies. But *discontent* again seizes him, and through discontent he learns to crawl.

Crawling—travelling on hands and knees—satisfied lower forms of animal life. It used to satisfy us in the old days of early revolutionary stages.

But the human infant—thanks to inborn cravings—is *discontented* with crawling. With much trouble and risk and many feeble totterings he learns to walk erect. He gets up into a position that takes his eyes off the ground. He is able to look at the sun and stars and takes the position of a man. *Discontent* is his mainspring at every stage.

What discontent does in the limited life of a child it does on a much larger scale in the life of a man—and on a scale still larger in the life of a race.

You can always tell when a man has reached the limit of his possible development. He ceases to be discontented—or at least to show discontent actively.

Contentment and apathy are signs of decadence and of a career ended in either a man or a nation.

If a baby lies still, no longer wriggling or trying to swallow his toe, you may be sure that he is seriously ill. The nation that no longer wriggles is in a condition as serious as that of the motionless infant.

The man or newspaper which imparts dissatisfaction, wise discontent to a nation or to individuals, gives them the motive power that brings improvement.

Ruskin as a young man declared that his one hope in life was to arouse "some dissatisfaction."

The constant aim of men in talking to each other, in writing for newspapers, even in writing novels, should be to arouse discontent.

Only through discontent can changes come—and are there not causes for discontent and need enough for changes?

A majority of the people half educated and tens of thousands half fed.

Children run over daily because they have no playground but the gutter.

Men of noble aspirations kept down by hard work and poverty.

Children left locked up alone all day while their mothers work for a pittance.

Men, uncertain of their future and of their children's future, engage in a constant struggle for wealth that is not needed—a struggle that develops in the end a passion as useless as it is degrading.

Unless you believe that the world is perfect because *you* happen to have enough to eat and to wear, you should be discontented.

You should remember that the world's achievements and great changes have all come from discontent, and you should be, in as many ways as possible, a breeder of discontent among the human beings around you.

Eat Green Vegetables Every Day.

Green vegetables do not contain, from our standpoint, true nourishment, but they are of equal value as waste, and should be taken at least once a day. Vegetables not containing starch may be eaten raw; but such roots as turnips, carrots, and beets must be scraped or grated. The dense fibre renders them difficult of digestion.

The green vegetables, watercress, the cabbage family, turnips, and radishes, celery, lettuce, spinach, green peas, string beans, cucumbers, parsley, dandelions, chicory, sweet peppers, onions, leeks, carrots, chives, shallots, asparagus, and radishes, all contain a volatile principle, which gives them flavour, and which, when they are boiled too long or too rapidly is driven off, leaving the vegetables rather tasteless. Many of these may be eaten uncooked, with a little salt or with a French dressing. They prevent constipation.

Another group of vegetables usually classed as succulent are roots, as salsify, parsnips, carrots, turnips, and Jerusalem artichokes. These contain sugar and some starch, but do not take the place of potatoes or rice. Turnips and Jerusalem artichokes contain a material known as inulin, which belongs to the starchy group, but is not converted during the process of digestion into the same form of sugar; hence, these and all succulent vegetables may be eaten by diabetic people.

Onions are stimulating. Even a suspicion of garlic in the salad will give a quick sense of warmth.

Don't Shut the Windows.

Is there any reason on the face of the earth why you should have "colds" every autumn? There are several very good reasons, and prominent among these is the fact that you yield to the inclination to close your windows as soon as the first touch of autumn approaches.

Keep the windows as wide open at night in the winter, as you did in the "good old summer-time." There is no reason why you do not need as pure air one time as another. Breathing impure air at night is certain unless your windows are wide open. If you do not breathe pure air, colds will "ketch you if you don't look out."

The Human Aura.

MR. HOOKER, in the *Lancet*, gives the result of his three years' experiments with the Blondlotz N-rays emitted by the human body. The Doctor thinks he has established it as a fact that the rays given off by the human body differ in colour, according to the character and temperament of the person. For instance, the rays that emanate from a very passionate person have a deep, red hue. The person whose whole aim in life is to be good and to do good emits pink rays. When ambition is a strong characteristic in the make-up of an individual, then the rays are orange. The philosopher, the deep thinker, is surrounded by an aura of deep blue rays. When a person is habitually anxious, worried and depressed, the rays will have a grayish hue. When physically or mentally ill he will emanate dark-green rays.

If it be true that the aura is established as a scientific fact, it only remains now for the world to become so sensitised, or spiritualised, that it will be possible to discern this aura. If this ever comes to pass, then a person's character and temperament will be manifest to those about him. It will then behove every one to have a care as to his N-rays or the aura that surrounds him. When those days come it will matter little what the outer garments may be, but it will matter much what colour or tint predominates in the aura that clothes the body.

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THE SOCIAL PILLORY.

I intend in future to publish, under the above heading each week a selection of news items culled from the columns of the general press, referring to all matters that affect injuriously the life and health of the people. Instances of food adulteration, insanitary housing, bad treatment of workers, and such-like, will be included in this section, which I am sure will not be the least interesting to all those who are anxious for the physical regeneration of the race.—THE EDITOR.

To begin at the very beginning, it is first of all of the utmost importance that, at the very outset of life, the children be provided with milk of the very purest quality, free from adulteration, and collected, handled, and distributed in a cleanly manner. As it is, the conditions of the milk supply in this country are a menace to our health—a reflection on our intelligence, and an evidence of our indifference. A representative of *The Daily Chronicle* has had the assistance of a well-known medical man of the highest reputation in preparing a summary of the evils which exist, and for the removal of which all scientific and social reformers are now earnestly working. So far as London is concerned, the authorities have control over milk produced within the metropolitan area, but have absolutely no control over that brought in from the country. An inquiry into the milk supply of Finsbury, for instance, showed that milk sold in the borough comes from some 1,200 farms, of which ninety per cent. is from 50 to 150 miles distant, and only five per cent. under fifty miles away. The average duration of transit is from ten to twelve hours, and much of the milk, before it reaches the consumers, is twenty-four hours old. The same conditions govern the milk supply of the greater part of the metropolis.

Over the circumstances in which the great bulk of this milk is produced the local authority has virtually no control. Manchester is one of a few cities which have obtained special powers to inspect and regulate the farms and dairies from which its milk is obtained. The veterinary inspector of the corporation reported, after visiting many farms: "The great majority of the cows and cowsheds were in a very dirty condition, and a considerable number of cows examined, while not suffering from tuberculosis of the udder, were certainly otherwise tuberculous. The farms, in fact, with few exceptions, were totally unfit for dairy farms. Only a comparatively small proportion of the milk was sent to Manchester, the remainder, a very large quantity, being sent to London!" A farmer supplying Manchester had a tuberculous cow, which he was ordered to slaughter. He pleaded hard to be allowed to keep the animal, because he had discontinued sending its milk to Manchester, and was sending it instead to London!

On small farms, cows are too often kept in dark, unventilated sheds, so badly drained, if drained at all, that manure and offensive liquid accumulates; the cows are not merely in a foul state themselves, but they are milked by men and women whose hands are fouled with the manure which covers the udder and teats: the milk is exposed to a tainted atmosphere, and the wells from which the water for cleaning purposes is drawn are frequently dirty and tainted.

Thus the milk is polluted at its very source, and it sets forth on its long journey to the consumer in a state of contamination. Rarely has the small dairy farm the right appliances for cooling it to the proper temperature of 40 deg. Fahr., at which the development of micro-organisms may be arrested, and preservatives are added to prevent it from turning sour. This they do by arresting the development of the harmless lactic acid bacillus, and yet the chemical may fail to interfere with putrefactive changes

due to microbes less easily checked. At their best they only enable stale milk to be sold as fresh; they do not make impure milk pure, and they may, and often do, prove injurious to the health of infants and invalids.

The milk is conveyed over long distances by rail in churns or cans, exposed to extreme variations of temperature, and possibly to further contamination. When it reaches London it is conveyed by the contractors to the small retailers, and here a further danger accrues. The great dairy companies undoubtedly do take stringent precautions to ensure purity, and to supply milk under sanitary conditions. But the small retailers, in many cases, take no precautions at all. Much of the milk retailed in the poorer quarters is kept in open pans in badly-arranged and unsuitable shops, where a mixed trade is done in paraffin and firewood, in dried fish and mixed groceries. The dust of the shop and the street pollutes it; flies poison it, every time the dipper is used the mixture becomes more dirty, and often it has stood for hours in this way, the residue incredibly filthy.

Even the house-to-house delivery adds to the danger. Every time the lid is lifted the receptive milk seizes on the dust of the street, and the tins in which it is deposited on the doorstep are conducive to further contamination. In the poorer quarters the domestic utensils in which milk is carried and kept are frequently unclean, and the milk is exposed in the household to improper temperatures and further pollution, till at the time at which it is consumed it is a very questionable fluid indeed. Moreover, in changing from hand to hand it may receive several additional doses of preservative, which still further detract from its merits as a food, especially for the young, and are used solely to disguise its changed, and probably dangerous, character. Filtration of samples of the milk used in the households of the poorer districts would show an appalling proportion of extraneous filth in the sediment, and the whole of the conditions tend to convert this vitally essential food into a public danger, and sometimes into a positive cause of infection or of bodily derangements which greatly augment the infantile death-rate.

To amend these conditions is the bounden duty of the State. Other nations have done much to ensure pure milk supply; England must yet do still more. Many learned and earnest men are now giving their support to a movement having this object; the National League for Physical Education and Improvement, a body whose *personnel* commands the highest respect, is working strenuously to this end; and in a second article we hope to show the reforms which constitute the minimum of the reformers' demand.

With regard to the supply of bad tinned and other meat, the Medical Officer of Health for Birmingham has issued a startling report. As regards "pork trimmings" and "pork chunks" which are imported to make sausages, he points out that these cannot be inspected, as they consist of small bits of pork, used by sausage makers and others. A good many of them are distinctly objectionable, and appear to be of doubtful origin. The "pork chunks" do not arrive in good condition. Many of them are of very common quality; and from the way in which they are trimmed it is physically impossible for anybody to say they are not from diseased animals. Several of the boxes examined have proved to be slightly decomposed. They are sent in a frozen condition, and this renders inspection of the small portions so difficult as to be impracticable.

Kidneys come frozen in boxes, too; and many of them, when they arrive here, show signs of decomposition. They have a faint odour of formalin. Here, again, inspection, owing to their frozen condition, is practically impossible. "I would express the opinion," he says, "that the only possible method of dealing with these articles is by prohibiting their importation. The quality is distinctly inferior; and the liability of diseased and putrid meat getting into our market is

considerable. Our sources of good meat supply are so enormous that I cannot imagine any harm accruing if the importation of the whole of this offal and chopped meat were stopped."

Dr. Robertson also warns the public against the tripe which is sent here in kegs. He says: "These kegs contain about twenty pounds weight of tripe each. The tripe has been cooked, and is in a condition fit for consumption without further cooking. It is surrounded by a liquid which is highly charged with boric acid. A man eating half a pound of such tripe would consume as much as 35 grains of boric acid, unless he was aware of how to extract the boric acid from the boiled tripe. The worst feature of these kegs of tripe is the fact that a number of them are in a decomposing condition. Three kegs were obtained from three separate dealers for me. The tripe in these contained in one case 0.9 per cent. of boric acid. In another 1.55 per cent., and in the third instance 0.45 per cent. The liquid in which these three tripes were packed contained respectively 1.85 per cent., 2.65 per cent., and 0.5 per cent. of boric acid.

Just imagine human beings, and employed human beings at that, being compelled to live in outhouses and pig-sties in the twentieth century. A *Daily News* representative recently visited the neighbourhood of Waltham Abbey to make inquiries concerning recent revelations made by Mr. Rider Haggard concerning farm labourers who slept in barns. "Slept on sacks in a barn, did they?" said an old resident to him. "Well, all I can say is they was lucky. I know a farm a little way out where they sleep in a pig-sty. And when farmers get full up at hay and harvest time they don't even get that shelter."

"It is quite the usual thing," said another well-informed inhabitant, "to have in the busy time from 12 to 20 labourers sleeping in a barn. I have myself seen them. They are all single men, and no one looks on it as being anything out of the ordinary, although personally I wouldn't house a dog there. It is, however, only fair to say that in two instances round here, where the former owners died within the past year, conditions have vastly improved. And, of course, they are far from ideal. In the case mentioned by Mr. Haggard I believe that only the casual labourers live in the barn, the regular employés living in the town." In an interview with the local surveyor, he continues, whose new offices recently deposed the whipping post and stocks which now adorn the interior of the parish church, I learned that of late years the number of cottages available in the town has sufficed to make up for the deficiencies of the surrounding district.

At one farm, he says, I saw the employer himself. The prospect from the farm left nothing to be desired, but there was certainly room for improvement in the quarters provided for his labourers. Nor was he in the least bit ashamed of it. I asked him if the men ever had to sleep in pig-sties.

"Yes," he answered, "and why not? Pig-sties are as good as anywhere else. What more do you want? They're in the dry. Come, and I'll show you where three men lay only yesterday night."

He led the way to a shed some 18 feet long and roofed with red tiles. At one end was a sow with a litter of twelve young pigs. In the centre was a space for standing cattle, and roughly boarded round at the farther end was the labourers' bedroom. The boarding went only halfway to the roof. Along the wall ran a feeding-trough for cattle. On the floor was a quantity of straw and a few pieces of old sacking.

"Quite good enough for them," was his comment.

At Bristol, recently, the proprietor of a creamery was fined £40 and fifty guineas costs for selling a mixture of butter and lardine as genuine butter. The proceedings were instituted by the Board of Agriculture, and their solicitor said that in the early part of last year they were inundated with complaints from honest traders of under-cutting in prices. They were convinced that it was the result of an adulterant being introduced into the butter. Frequent analyses, though con-

firming the suspicion, failed to detect the fraud. Eventually butter was bought from the defendant's creamery in a box labelled "guaranteed pure butter," but was found to have been mixed with lardine, a mixture made by a London firm and prepared in the most skilful way for the purpose of hoodwinking the analysts. The defendant's profits in fifteen months, by the use of this stuff, worked out at £5,650. Of what use is a fine when such huge profits are made and the chances of detection so few?

The quartering of married soldiers is a disgrace to the War Office. Only one bedroom is allowed to married people with two children, and the whole family have to sleep in one room. In a case at Lichfield the children had to sleep with a consumptive mother.

The allotted quarters for a married non-commissioned officer or private consist of two rooms, besides a scullery, if there are two children (*i.e.*, a living room and a bedroom); three rooms if there are from three to five children, and four rooms if there are six or more children. Warrant officers are provided with a superior class of quarters. This apportionment of rooms is the modern scale obtaining in barracks for married soldiers, but there are still many men, with their wives and families, living under an older system, by which a married couple, with two children under five years of age, have only one room. But if there is one child over that age two rooms are allowed, and *pro rata*. These rooms, however, are large as barrack accommodation goes.

In the matter of consumption, it has to be said that, if the usual medical inspection of the quarters reveals a case of contagious disease in any house, the patient is at once removed to hospital. Phthisis, however, has not yet been made a notifiable disease, and though efforts are being made to induce the Local Government Board to make the notification of consumption compulsory, many people object because of the expense which would be incurred.

PHYSICAL CULTURE IN THE HOME.
Reproduced by permission of the proprietors of the "Star."

A London butcher sends me, writes Mr. L. G. Chiozza Money in the *Daily News*, a very interesting letter on the diseased meat danger. He points out that in Dr. Buchanan's report to the Local Government Board on meat inspection in Paddington it is stated that the meat inspector for that borough seized during 1900 15 pigs and 4 heads, and in 1904, 22½ pigs and 8 heads: in all, 3,970 lb. of diseased pork sold from the City of London Meat Market. Dr. Buchanan adds that practically there is no proper meat inspection in the City Market, as required by Act of Parliament. Yet, during 1903 and 1904, the City of London made a clear profit each year from their Central Meat Market of £40,000 to £45,000, while refusing to increase their staff of inspectors on account of expense. So they continue to foist on the London ratepayers, through the butchers, at least 200 to 250 tons of diseased pork yearly. My correspondent says, "Every carcase sold at the City of London Market should be a guarantee that it is free from disease, and this could be done if a sufficient number of inspectors were appointed." I quite agree.

An inch on the chest measurement of our manhood is more than the equivalent of ten millions per annum spent on the material of war.—*The Daily News.*

ANCIENT & MODERN PHYSICAL CULTURE.

By ARCHIBALD MacLAREN,
Author of "A System of Physical Education."

(Continued from last week.)

It is health, however, rather than strength, that is wanted now—*that* is the great requirement of modern times, with modern men, at non-military occupations. Bodily power, activity, and stamina for the endurance of protracted fatigue, are still at this day as much the real want of the soldier as they were in the days of Xenophon, of Cæsar, of Napoleon. But the purposes and practices of war are not the all in all with us as they were with the Greeks and Romans; nor are the whole of our able-bodied men under arms, nor the whole of our youths preparing for conscriptive battalions, as were the youths of Germany and France in the last century. Our own army, scattered over the whole globe, and encountering the severities of every clime, claims but a fraction of our men; a small portion only of our youths are in uniform; but other occupations, other habits, other demands upon mind and body, advance claims as urgent as ever were pressed upon the soldier in ancient or modern times. From the nursery to the school, from the school to the college or to the world beyond, the brain and nerve strain goes on—continuous, augmenting, intensifying. Scholarships, junior and senior, examinations, open fellowships, speculations, promotions, excitements, stimulations, long hours of work, late hours of rest, jaded frames, weary brains, jarring nerves—all intensified and intensifying—seek in modern times for the antidote to be found alone in physical action. These are the exigencies of the campaign of life for the great bulk of our youths, to be encountered in the schoolroom, in the study, in the court of law, in the hospital, in the asylum, and in the day and night visitations to court and alley and lane; and the hardships encountered in these fields of warfare hit as hard and as suddenly, sap as insidiously, destroy as mercilessly, as the night-march, the scanty ration, the toil, the struggle, or the weapon of a warlike enemy.

Yes, it is *health* rather than *strength* that is the great requirement of modern men at modern occupations; it is not the power to travel great distances, carry great burdens, lift great weights, or overcome great material obstructions; it is simply that condition of body, and that amount of vital capacity, which shall enable each man in his place to pursue his calling, and working on in his working life, with the greatest amount of comfort to himself and usefulness to his fellow-men. How many men, earnest, eager, uncomplaining, are pursuing their avocations with the imminency of a certain breakdown ever before them—or with pain and weariness, languor and depression; when fair health and full power might have been secured, and the labour that is of love, now performed incompletely and in pain, might have been performed with completeness and in comfort?

Let it not from this be inferred that I consider health and strength as in any manner opposed to each other; on the contrary, they are most intimately allied, and are usually by the same means and in the same manner obtained. Very closely are they connected, but they are not the same, and a man may possess either without the other. For strength may be due to the great force possessed by one system of the body, such as the muscular; or great force in one part of the body, such as the trunk or the limbs; but health is the uniform and regular performance of all the functions of the body, arising from the harmonious action of all its parts—a physical condition implying that all are sound, well-fitting, and well-matched. Young minds do not look far

enough into life to see this distinction, or to value it if seen; they fix their eyes longingly upon *strength*—upon strength *now*, and care not for the power to work long, to work well, to work successfully hereafter, which is health. Therefore, it is fortunate that the same means which usually give strength give health also; although the latter may be jeopardised by irregular efforts to obtain the former. Again, it is fortunate that this most desirable of all earthly possessions should spring from the regular and uniform development of the body as a whole, not from the extreme development of any special part. Vast strength of limb may be found united to a comparativelyfeeble trunk, a massive trunk to dwarfish limbs, great muscular force to delicate lungs. These alike reveal local power and local weakness, and these are not the developments which yield health.

Let both man and boy, therefore, cultivate strength by every available means, but let it be general, not partial strength. The battle of life requires for combatant the *whole* man, not a part; and the whole, too, in as good condition as can be brought into the conflict.

There is no profession, there is no calling or occupation in which men can be engaged, there is no position in life, no state in which a man can be placed, in which a fairly developed frame will not be valuable to him; there are many of these, even the most purely and highly intellectual, in which it is essential to success; essential, simply as a means, material but none the less imperative, to enable the mind to do its work. Year by year, almost day by day, we see men falter and fail in the midst of their labours—men to whom labour is life, and idleness is death—men who, with a negation of self and self-comfort even unto martyrdom, devote themselves to great purposes and great works, and before their completion fail; men who run the life-race with feet winged with the purest faith and hearts

Jim Mellor, the famous Middle-weight Wrestler.

full of the noblest hope, and who, with the goal in view, falter and fail; and all for want of a little bodily stamina — a little bodily power and bodily capacity for the endurance of fatigue or protracted unrest or anxiety or grief. Strongly has this been ever impressed upon me, more strongly than ever of late years, but never so strongly, never so sadly, never in its every aspect so impressively, as in the death of a late statesman, eminent alike for the height of his intellectual attainments, the nobleness and purity of his aspirations, and the gentleness and almost feminine sweetness of his character. He sank in early manhood, with his great career just begun, his great works but outlined by his hand; to other hands were left their accomplishment, to other hearts their fulfilment, and all for want of a little of that bodily stamina, a little of that material hardihood, a little of that power of enduring fatigue, which he was, even as he failed, seeking to extend, through the means of this system of bodily training, to every soldier in the land.

This need of such a preparation for the coming struggle of manhood in these times of high civilisation and intellectual advancement being, then, so apparent, what is the great hindrance to the due training of the body? It is to be found in the too *exclusive* cultivation and employment of the mind; in the long and continuous hours of physical inaction with extreme mental effort and inordinate mental stimulation, which the requirements and educational demands of the present day often involve; in the overlooking or ignoring of the fact that the body also has urgent and distinct claims to culture and employment.

The Laugh that Cured Him.

He was an old man when he told me the story. You would not think, to look at him, that he ever had had a liver trouble or anything else to make him sick; and during the years when I was acquainted with him he was really one of the most healthy men I ever knew. But you will want to know his story, so here it is:—

"I used to have liver complaint, so that everything looked blue and green and every other colour except the right colour to me. Life was a dreary waste to me. I do not know how it came to be so, unless I took it from some forefather. But so it was.

"One day I made up my mind that something had got to be done, and I took it into my head that the laugh was the thing; so I set about to laugh at everything that had a bit of a laugh about it. Sometimes our folks did not see much to laugh at in the things that I just laid down and whooped over. I did not care if they did think I was making a fool of myself, if only I could cure that miserable liver complaint. So I kept on laughing.

"How did it turn out? I got entirely rid of the liver trouble! From that day to this I never had more than a touch of it, and the minute I have felt the first sign of it I have known that it was because I was not laughing enough, and I have buckled in all the harder."

Now, there was philosophy in that old man's laugh. How? Well, it is a help just to think of cheerful things. Most things have a bright side to them. Even when we break a leg there is satisfaction in thinking that it will feel better when it stops aching. We are too much inclined to look at the wrong side of things. It makes us blue. The blue strikes in and reaches not only the liver but the stomach and bowels and every other bodily organ. Keep cheery and the liver will do its work far more effectually. It is tough business working for a man that does not appreciate what we do. If we are gloomy and sour, the liver knows it, and acts accordingly.

And then, the motion of the body in laughing affects the liver and bowels and stirs them into greater activity. Those organs are apt to get sluggish if they are not roused up now and then. A lazy liver needs a sharp lashing. This a good, hearty laugh will give. It may be there does not seem to be much that is funny in our lives. But that is because we are not looking for the funny things. Try it a few days and see how many really laughable things come to us.

THE WATER-WAY TO HEALTH.

By "HYDROPATH."

THE water cure is growing daily in popularity, and counts to-day many thousand devotees from ranks of former *habitués*.

In our daily life there are constantly occurring slight ailments which could be cured in a natural way, but for whose remedy we either turn to the pill boxes or tonic bottle. There are far too many tonics and pills in the household medicine chest. These pills are taken for any or no reason, and are used for wrong purposes, for lack of knowledge of the natural methods of arresting congestion and of getting rid of the waste which takes place in the blood and which, when allowed to accumulate, is the cause of disease.

Water used externally is the greatest factor in bringing about a better distribution of blood. Used internally, water, together with exposure to fresh air and bodily exertion, effects a change in mass of the blood. Pure blood, properly distributed, means health. Authorities testify that this is to be found in hydropathy, or the water cure.

Certainly, if every mother understood the rudiments of massage, something of water treatment, the necessity of fresh air, and of keeping her own and her child's mental health, we should have fewer ailing children or feeble grown-ups. The enthusiasts of the water cure, by going to extremes, have done their own cause more harm than good, but there is a distinct return to the natural methods of healing of which water constitutes the greatest factor.

Men, and women particularly, fear water treatment for the simple reason that they cannot get rid of the idea of catching cold, but more colds are due to the overheating through too much clothing than to baths or sprays. To keep the skin in active condition and the blood properly distributed, one of the functions of the bath, will ward off more contagious disease than the intermittent use of antiseptics. However, even the water treatment, except in light cases, requires some knowledge and experience, but fortunately for home use, there are many ways of treating with water which are simpler and more beneficial than drugs given without the advice of a physician.

TWO KINDS OF WATER TREATMENT.

The processes of the water cure could be divided into such as are fit for subduing irritative and involuntary action and such as have power to stimulate and arouse those organs which are obstructed and torpid in their ways. The water cure is either sedative or tonic in its effect.

To subdue local irritations a piece of flannel, folded three times, is placed into a basin and then very hot water is poured over it, enough being put on to soak it thoroughly. The flannel is drawn out and put into a towel, and wrung out in this. The flannel is now taken out of the towel and placed upon the spot which is to be treated. This applies generally to the treatment of the stomach. And a hot application like this will very often induce sleep where everything fails. Again, such an application will relax the kidneys and arrest the most violent biliousness. The hot compress should be renewed as soon as it begins to cool, and another, already prepared, should take its place. The secret of success in treating by water is the promptness with which the packs, towels, or compresses are changed.

THE STEAM BATH AT HOME.

There are so many people to whom the Turkish bath is impossible, yet who need the direct stimulus of the sweating process, the most effectual means of arousing a torpid liver, and particularly beneficial in cases of gout or rheumatism. A steam bath can be taken at home; all that is necessary for this invaluable treatment being a chair, a small gas stove, and a large saucepan.

A chair with a cane bottom is found in every household and is suitable for the purpose. Place this at a short distance from the gas jet, to which is attached a

small gas stove, by means of a tube. Put this under the chair and on it place a saucepan full of water. Light your burner and when the water steams the patient can take her place on the steam bath chair, being carefully covered up first with a sheet and then with a blanket.

TO CURE A HEADACHE.

The ordinary headache will disappear if treated by water in this manner:

If the bath-tub is large enough, fill it with cold water about two inches deep, let the patient stand in it with bare feet and walk about, using as much strength and effort as he can in every step. This will bring the blood away from the congested parts in the head. If the bath-tub is too small, purchase a long tin pan. This is even better. The pan should be at least five feet square, with a depth of three or four inches. Fill with cold water.

TO CURE NAUSEA AND DIZZINESS.

The child can be cured of nausea by the application of a cold wet compress over the stomach and limbs. It is interesting to notice how gladly a child will take to the water cure rather than to medicine. The only thing that causes it any anxiety is the bungling way in which inexperienced people treat it.

A child coming home with a fever or high temperature should be plunged into a cold bath, providing the doctor is not on the spot or cannot be reached. But the bath fails of its effect if the plunge takes more than half a minute. Thirty seconds should suffice to dip the child quickly; take it out and see it well rolled up in blankets on its own little bed. If more than this time is taken for the plunge the child is likely to be chilled and more harm than good results. A cold plunge like this is often all that is necessary to ward off or to cure a mild attack of measles.

PRIMITIVE HOT-WATER BOTTLES.

In many parts of the world the hot-water bottle day is quite unknown, but, though the people do not possess this modern luxury, they are not denied the hot application of even a sort of steam bath taken in bed. For this purpose the little brown jug well-known in song and other places is put to good use. These brown-stone bottles are usually void of anything more suspicious than seltzer water to begin with, and after the contents are exhausted they make a fine primitive steaming apparatus.

The ailing person when troubled with gout or by rheumatism is put to bed, five brown bottles are filled with boiling water and carefully corked, a wet towel is wrapped around each one of them and protected by pieces of wood, something like splints. This keeps them from contact with the body and burning the skin. One of these hot-water bottles is put at the patient's feet and two on either side of the limbs. Steam is generated through the heat of the bottle and through the moisture of the towel, and the patient has a splendid miniature steam bath at no cost whatever.

THE COLD PACK FOR FEVER.

Cold pack is used for reducing the temperature. The bed is first spread with heavy blankets, on which the patient is laid, a sheet wrung out in cold water is then spread under him and he is wrapped in this and then covered up snugly in the blankets. The wet sheet carries off the fever heat, for this heat is being employed in converting the moisture of the sheet into vapour. The vapour settles in the skin and makes it soft, which should not be mistaken for perspiration, however. Where the vital energy is very low the person in the wet sheet suffers disagreeably and finds it impossible to get warm, having insufficient bodily heat for the purpose. Under these conditions the trunk of the body only should be wrapped in the cold, wet compress, the rest of the body being wrapped in warm blankets.

HOW TO OVERCOME SEASICKNESS.

Experiments of all kinds have been tried to cure seasickness. Apples, pickles, tomato catsup, Worcestershire sauce, pills, mental science; everything known has been put to use to cure this worst form of nausea. It seems now, though, as if seasickness will no longer be the intolerable barrier to happiness on the sea. The cold pack has been tried successfully, and can be used for seasickness or any form of nausea. It is best when making the application of the wet compress, that it should be wound first around the patient's body and then around the limbs. A towel wrung out in cold water is

used for this purpose, and should be laid over the parts very smoothly. The patient should then be wrapped up warmly in blankets and allowed to remain so until the wet compress becomes warm. When these are taken off new ones are applied, and the applications are continued until no further sense of discomfort is felt. Most of the steamship companies are advising the use of the cold compress in cases of seasickness. In fact, they are sending out slips with printed instructions for the same, with gratifying results.

WATER CURE FOR SORE THROATS.

Dr. James M. Gully, in his recently published book on the "Water Cure," gives some valuable instruction for the treatment and cure of small ailments. Among other things he says: "In relaxed sore throat, relief will be found from pouring a stream of cold water on the nape of the neck and letting it run over the front of the throat, the patient holding his head over a basin. This should be continued three or four minutes. Wet friction should then be used for eight or ten minutes and the whole process repeated twice daily."

Beauty seekers have gradually come to depend upon hot and cold water for the cure of most of their ills. Here is a new hint. In cases of red nose, soak the feet either in very hot or very cold water, the temperature depending on the circulation. If the feet are cold put them in cold water and *vice versa*. Follow this with friction, and if the redness does not disappear, sip a glassful of cold water one hour after meals—but drink little or no water during them.

The King and the Sanatorium.

The Sanatorium for the cure of consumption, established by the King at Midhurst, Sussex, which is to be known as the King Edward VII. Sanatorium, was recently opened by his Majesty, accompanied by the Queen. In his speech, the King said: "It is my desire that this institution shall afford accommodation for the large class of persons of slender means, in professional and other employments, for which no provision for sickness of this kind at present exists. It is also my wish that those persons of larger means who can afford to pay for treatment here should not be entirely excluded from the advantages to be derived from this institution, and I have accordingly decided that a small number of beds shall be reserved for them." The sanatorium has been built out of the munificent gift of £200,000 by Sir Ernest Cassel.

AVOID BREATHED AIR.

AVOID breathing air that has been breathed—at home and at work—asleep as well as awake. Breathed air is a virulent poison; your own as well as others. And equally to be shunned is the air that comes from a burning light, a gas jet or any kind of a burning stove or furnace or heater. Any air which is confined indoors begins to be breathed air the moment one or more persons or animals, or flames or fires are present.

Always and everywhere avoid that contaminating air, if you have to quarrel to do it. If you don't, you will have to suffer, and heavily pay to get your blood and flesh rid of it. Besides, you will lose your job, or business, or happiness, sooner or later. As for children, please don't "hot-house" them if you don't want to "flowerpot" them.

The object of ventilating is not to air rooms and buildings, but it is to air yourself. If you do that just exactly twenty-three hours, fifty-nine minutes and sixty seconds in every twenty-four hours, you need never worry about the ventilation of your rooms or buildings—they'll take care of themselves. What do you ventilate on hot days and nights? Yourself, isn't it? Well, why turn a mental handspring on cold days and nights? In warm weather your rooms can go "hang" so long as your skin feels cool or there is a breeze, whereas in cold weather your lungs can go to "hang" so long as your rooms feel cool-less and breeze-less. Thus it comes to pass that in warm weather, at home, at the factory, at school and public building, every man, woman, and child gets ventilated twenty-four hours every day; whereas, each and all such get ventilated but a fraction of an hour or two during the cold weather.

In the summer-time you air your bedroom during the night, when you are in there, and shut it up during the day when you are not in there. How wise people are in warm weather! But how silly some behave in cold weather! Hence, summer airing is "lung-wise," whereas winter airing is "lung-foolish." In both instances due to the fact that people care more about their civilised, petted skins

than they do about their nature-bred lungs.

It has always been a puzzle to me how people expect to raise healthy children and maintain their own health in sleeping rooms in which they could not raise palms and flowers the whole year round. And in bed you go, or laid-up you are, or suffer you do, or money you waste; but blind you remain, and back again you go to your old foolish habits, until Nature decides to dispense with your services and dispose of your remains. Good enough! But the poor babies and children that sicken and suffer and perish for want of God's good, pure air, or that are literally poisoned to death or crippled for life through measles, and scarlet fever, and typhoid, and pneumonia, and meningitis, and tuberculosis, and diphtheria by the foul-breathed air of the schoolrooms and living rooms, and playrooms and bedrooms! What shall I say to that?

If grown-up people are determined to carbonise themselves into misery, or bed, or the grave, all right; but, for the love of right and justice, don't carbonise the children.

Uses of Lemons.

Outside of its value as an important food accessory, refreshing drink, and delightful medicine, the lemon is useful in a number of ways. One of the most pleasing baths might appropriately be called the lemon dip. This is made by slicing three or four lemons into the bath-tub with the usual amount of water, and let stand for half an hour before using, that the juices of the fruit may become well drawn out. The delightful sense of smoothness and suppleness this both imparts to the skin, and the sense of freshness it bestows, are pleasantly exhilarating, and the effect is cleansing as well as tonic. In the West Indies, the lemon is often used instead of soap, the natives squeezing the juice over their hands and rubbing them briskly in water until clean.

A few drops of lemon juice in the water in which the face is washed removes all greasiness, and leaves the skin fresh and satiny, as well as making it fairer and clearer. A little lemon juice rubbed over the cheeks before retiring and allowed to dry will remove summer freckles and whiten the skin, and if persisted in will eventually carry off blemishes of the complexion that are not caused by impure blood or other internal trouble.

As a dentrifice the lemon is also valuable. A few drops squeezed into a glass of water for rinsing the mouth make a tonic for the gums, and keep them firm and healthy. To remove stains from the finger tips and bleach them, a bit of lemon is very efficacious, and lastly, in washing the hair, if the scalp is well rubbed with a cut lemon, it will cleanse it thoroughly, and give a soft, glossy appearance to the hair.

Fruit Acids Maintain Health.

Many persons are afraid of fruits because of the acids contained in them. The acids of fruits are valuable as nutrients, a given weight of the acids of lemons, apples, or grapes—critic, malic, or tartaric—being equal in nutritive value to one-half the quantity of starch or sugar.

Acids are valuable as disinfectants to the stomach, thus correcting certain disease processes. Only those suffering from gastric ulcer need avoid acid fruits, and even in such cases, fruits may gradually be introduced into the dietary, providing proper curative measures are adopted.

Fruit acids increase intestinal activity, and thus relieve constipation. They are extremely valuable for persons subject to biliousness, coated tongue, gall stones, chronic rheumatism, Bright's disease, and gout. The acids of fruits become alkalies after digestion and oxidation, hence do not produce an acid state of the blood, as do mineral acids.

Half a pint of apple juice, taken a half hour before each meal, and on going to bed at night, is an excellent remedy for biliousness and constipation.

Acid fruits of every kind should enter more freely into the average bill of fare. The nutritive value of fruits is small, but the value of fruit acids for purifying the stomach and alimentary canal, and increasing the activity of the kidneys and liver, gives this class of foods very high value.

Eating from Hedges.

Holiday-makers should be very cautious about eating the fascinating growths of the hedges. The daughter of a Penrith milk-dealer has just died as the result of eating hawthorn-buds, which pass in many places by the name "bread and cheese." It seems very likely that the cause of poisoning was the presence of free oxalic acid (or perhaps the superoxalates of potassium, which are known to abound in some plants when in the young state). "It is curious," Mr. Abel Scholar remarks anent this, "that in other plants—*e.g.*, rhubarb—the converse is the case, for when young the acidity is harmless (generally probably malic with citric and tartaric acids), but later on this is supplemented by oxalic acid, which becomes neutralised by the lime bicarbonate. An instance of a similar kind was reported from Birmingham, when a child was killed by eating dandelion flower-buds, and a careful examination of the field revealed no suspicion of a known oxalic-acid yielding plant. A farmer in a large way had a number of cattle poisoned, and as they were observed to graze where an unusual leaf was growing, an expert was called in, who was able to report that it was a species of *Dipsacus*. The leaves yielded an abundance of oxalates.—*Health*.

ARTHUR SAXON.

A really excellent photo of this well-known strong man and champion weight-lifter

THE SOLDIER IN THE SCHOOL.

By Alan R. Haig Brown.

I reproduce the following article from the columns of the *Daily Mail*, because I have frequently referred to the subject in my editorial notes. To my mind, the strongest plea in favour of universal military training is the fact that it would lead to increase of physical efficiency and general smartness.—THE EDITOR.

WHEN Lord Roberts made his appeal for the foundation of rifle clubs I am convinced that his proposal was in the light of a *faute de mieux*, as he understood that the present temper of the English people was not such as would tolerate any form of universal military training. Rifle clubs are excellent things as far as they go, and the man who can use even a miniature rifle is a far more useful person than he who has never handled a gun; but a knowledge of the rifle is by no means all that is required of an efficient soldier. Unfortunately, however, the modern tendency is rather to hold the view that membership of a rifle club implies a ready-trained individual in the time of invasion, and to satisfy the heart with the amateur actor's comfortable motto: "It will be all right on the night!"

The man of business who has his every moment occupied probably does no less than his duty when he joins one of these clubs, but the case of the man (or boy) of leisure is very different.

POTENTIAL FORCES.

And thus we come to the public schools. Much excellent work in the way of military training is at present being done by the cadet corps of various educational establishments throughout the kingdom, but, having regard to the opportunities at hand, this work does not go nearly far enough. In the first place, such training is not universal, and in the second it is not sufficiently severe.

It is within the power of the headmasters of England to ensure not only that every boy who passes through their hands shall receive a sound training as an embryo soldier, but also that the War Office shall have at its disposal a force of some thousands of youths, the units of which could be mobilised at an hour's notice. Moreover, the expense of such enterprise need cost the country practically nothing, and every individual might receive a training far more complete than that which falls to the lot of the average Volunteer. But small objection could be anywhere raised to making membership of the School Cadet Corps compulsory—a few parents might possibly refuse their sons permission to join, but such would be in the smallest of small minorities, and not worthy of consideration in our scheme.

To the boy the advantage would be physically and mentally enormous. I have always found that even a nodding acquaintance with matters military smartens up schoolboys to an appreciable extent, and I am convinced that more serious attention to these matters would both widen his mind, as being a relief from the monotonous routine of work and games, and at the same time imbue him with an appreciation of his duties as a patriotic citizen.

Passing by, then, the difficulty of enlisting every boy into the corps as being non-existent, we should, in the case of any individual school, probably find half its members of sufficient age and stamina—I would lay down no hard and fast rule as to these points—to serve as emergency troops, and half of them unfit to do so. I will call the former body Division A and the latter Division B. The training of A would consist of three hours' drill or manœuvre per week, one afternoon per week at the range, and a fortnight's camp in the summer, together with occasional field days. Division B might do similar work, but would remain

recruits until such time as they were old enough and strong enough to join A.

In considering how to find the time for this training, it may be urged that our public schools, as a whole, a little over-do the in-school hours and also those devoted to games. Military training, then, which the boys would probably regard as something between work and play, might relieve this monotony on either side; and while taking the three hours for drill and manœuvre out of the school time-table, I would take the afternoon for shooting out of the boys' own playtime. An equal division could be made as regards camp, one week out of the term and one out of the holidays. The question now arises as to how the boys are to be instructed in their duties; it is not a difficult one to answer.

Our much-abused Army—and the reason for this abuse I have never quite been able to fathom—takes admirable care of her Volunteer officers. At Chelsea she teaches them drill and tactics; at Aldershot, signalling; at Hythe, musketry. Each of these courses takes a month, and the officer who passes his examinations emerges not only with a sound knowledge of his subject, but also of the way to impart it to others. A special point is made of this latter item, and it should be mentioned that these courses, providing the examinations are satisfactorily overcome, cost the officer in question nothing. It would only be

Some Editors, like some Parsons, preach one thing and practice another.

necessary that for every hundred boys in the school there should be two masters on the staff who were both Volunteer officers, and who had satisfied the examiner in the three directions named. Add to these the ordinary school sergeant, and the instructing staff would be sufficient for the end in view. Each term there would have to be a severe inspection by the respective adjutants, and any school which did not satisfy these officials might be struck off the list of efficient schools for a year, at the end of which time—and not before—it might apply for re-election.

FUNDS EASILY FOUND.

The cost of this scheme would be to the State simply the supply of a rifle to every man; the rest would come out of the pockets of the individual boy and the school. The former would merely be asked for the price of his uniform—under £2—a terminal subscription of 10s., and the cost of a week in camp, 30s. The other week in camp would be paid by the school out of the profit arising from the closing of the establishment a week before the usual time. Each boy, then, would subscribe £3 a year, in addition to an original outlay of £2.

There are about eight hundred secondary schools in Great Britain and Ireland; we may safely give the average number of pupils in each as one hundred. This allows us some eighty thousand boys all undergoing a course of military training. After an interval half of these could be classed as efficient for emergency, and the State would thus receive a gift of forty thousand youths, carefully trained, available in case of invasion at no extra cost beyond the initial expense of a rifle per man. Arms, ammunition, and uniform of each corps would be on the spot, and at an hour's notice each company could be at its railway station ready to entrain to the place where it was wanted. In the holidays, should necessity arise, boys could be telegraphed for at once to report themselves at the school.

As an extension of this scheme, a reserve might be formed of old boys, not attached to other Volunteer corps, with the school at headquarters; but I do not propose to touch on this within the present article. I claim for this proposal that it is eminently practicable; that, in the case of invasion, a huge force of well-trained, dare-devil youths would be of enormous service; that a large majority of them would regard such an opportunity of helping the Empire with the greatest delight. And even were such troops never called upon for active work in England—as in all human probability they would not be—we should still be annually pouring forth from our schools large numbers of men far better trained than in the average Volunteer; we should always have the comforting—and our enemies the discomforting—thought that they were among us. Compulsory training the country at present will not have; but I am certain that the public schools would, as far as the boys are concerned, welcome it, and it needs but the co-operation of the headmasters to secure it.

And it would be an excellent thing if the sons of the upper and middle classes were allowed to show, by their own example, that they, at any rate, were not blind to the needs of Empire and to the penalty of greatness.

Our Cover Photo.

Our cover this week is an admirable counterfeit presentment of Ben Hur, the young professional athlete who has recently come very prominently to the front. Ben Hur is only 23 years of age, and first commenced to show before the public in 1902. His measurements are: Neck, 16¾in.; chest, 43in.; thigh, 21in.; calf, 16¾in.; biceps, 17in.; forearm, 11¾in.; and wrist, 8⅛in. He stands 5ft. 5in. in height, and scales 11st. 8lbs. Here are some of the performances which he is at present performing nightly on the music-hall stage: Swinging sledge-hammer weighing 18½lbs., supporting on chest 10 men and 315lb. barbell, and he also challenges the world at sack-lifting. Besides his weight-lifting performances, he is an excellent runner and jumper, a good swimmer, and a more than middling wrestler. He goes in for no especial diet, but is a staunch teetotaler. His only training is regular daily practice.

PHYSICAL CULTURE FOR THE HANDS.

A GREAT deal is being said and done nowadays about Physical Culture. There are magazines and magazines entirely devoted to it, and still more magazines that give large space to this feature. Exercises are given and illustrated for strengthening every organ of the body, for developing every muscle, overcoming deformities, teaching correct positions, graceful carriage, proper breathing—all these things are gone over and over. But with it all there is very little said about the physical culture of the hands. Every now and then there is an article devoted to the manicuring of the nails, keeping the hands white, and so on; but very little is said about strengthening the hands and fingers.

THE MAGNETIC HAND.

It is really a fine thing, and very necessary, too, to have strong, supple hands; to know how to keep the hands soft and the finger joints from becoming stiff. The hands should really be given exercises every day, just the same as any other part of the body. Some vocations furnish all the exercise needed for the hands and fingers, but the majority of vocations do not do so. A strong hand gives a strong, firm grasp, and carries with it strength and force. A weak, cold, flabby hand, says E. Pickens, in "Health Culture," is almost a thing of disgust. To shake hands with a person who lays into your palm a flaccid lump of flesh with a dead weight and a cold touch gives one the shivers; but the firm, elastic hand, with the strong, supple fingers, a hand that can grasp another in a warm, strong clasp, is the hand that carries back with it force and magnetism. The hands can be developed as well as any other part of the body.

DEVELOPING THE HANDS

does not mean to make them large, but it does mean to make them strong and beautiful. Proper care should be taken of the finger nails, that they be always clean and neat and trim, and the hands should be so protected that the skin is smooth and soft and white. But in addition to this the hands should be exercised every day. Just as regularly as other physical exercise is taken, so should the wrist exercise and finger exercise be practised.

Let the hand drop limber from the wrist, perfectly relaxed. Then swing it up and down, from one side to the other, and around and around. This brings into play the muscles of the wrist, making them strong and keeping them elastic. It also gives freedom in the movement of the hand and renders the hand dextrous and facile. Next, stretch the hand straight out to the side, arm's length. With the arm extended, open the hand wide, fingers stretched as far out as possible, then close it tightly. Open and shut the hand in this way ten or twenty times every day. In closing it, let the fingers come straight down on the palm of the hand, not clinching it into a fist.

This exercise does not bring the thumb into play; so the thumb must be exercised alone.

STRETCHING IT WIDE

out from the hand and bending it quickly to the palm, back and forth, letting it touch the palm near the root of the little finger. Then, with the hand held upright before you, open and shut the fingers, bending them from the first joint. Do the same with the thumb.

Place the tips of the fingers of the two hands together and let them oppose each other. Press them tightly together, the fingers and thumb of one hand resisting the fingers and thumb of the other hand, pushing them as far backward as possible. These exercises will increase the suppleness and flexibility, giving elasticity and greater mobility to the hand. They also preserve the shape of the hand, quickening the circulation in the fingers, and tend to overcome cold hands.

IN THE ARENA OF SPORT.

A Lucky Athlete.

Sherring, the winner of the Marathon race, has arrived home with a trunk full of trophies, papers of honorary citizenship in the kingdom of Greece, and the promise of £1,000 gold purse, a home costing the same amount, and a Government job in the Dominion of Canada. And he still wears the same sizes in hats and olive wreaths he wore when he went across in March. Sherring departed from Greece a little ahead of time. He is a modest man. He already has two offers of marriage from fair or semi-fair Grecian ladies, and, as he explained on the pier to a reporter of *The Evening World*, he is not very much of a marrying man.

But he is very much of a running man, which no one will deny. He won the Marathon, as all the world knows, with a margin of seven minutes, covering the distance of twenty-six miles and one hundred and seventy-six yards in two hours, fifty-one minutes, and twenty-three and two-fifths seconds, with Swamburg, of Sweden, second, and Frank, of the Irish-American Athletic Club of New York, third.

"I'm willing to confess," said Sherring to our American representative, "that my friends up home had doubts regarding the advisability of my entering for the race. I paid my own way, you know, and it was a close shave. At Athens I didn't have enough cash left to meet my expenses. If I had lost I guess I would have walked back.

"But all along I thought I had a chance. I have had a lot of experience, you know, in the nineteen-mile road race that we run every Thanksgiving Day in Canada, and, besides, I had come second in the Boston Marathon in 1900. At Boston I was a mile ahead of everybody on the eighteenth mile, when I fell in a faint. Six men passed me while I was unconscious, but I came to in time to finish in the money. That experience taught me something which proved mighty valuable to me at Athens.

"The heat was fierce—80 in the shade. Daly of Ireland and Blake of Australia set the pace for the first ten miles.

"Among the fifty-eight starters were thirty Greeks. These chaps started off like greased streaks, but inside of ten miles they all gave out and went to grass. The native sons could not stand their own climate. The two pace-setters ran the first six miles in 30 minutes and the first ten in 56. I was half a mile behind them and running with Spring.

"I did my best work between the eighth and the twentieth mile. When we had gone fifteen miles I was a mile ahead of the field and jogging easy.

"When I trotted down the home stretch, the crowd!—there were tens of thousands of them. The Greek prince jumped into the road and ran the last 100 yards alongside of me. Then the king crowned me with the olive wreath, and about a thousand women jumped on me and kissed me and hugged me until I was ready to drop. Some impulsive men enthusiasts also tried to join in the kissing-bee, but I side-stepped all of them, all but the large old gentleman with a beautiful set of whiskers and garlic breath; I was almost smothered."

Phenomenal Scoring.

Phenomenal scoring was seen in the recent two-days' match between Worcestershire Gentlemen and Staffordshire Gentlemen, which was left drawn at Worcester. No fewer than 1,169 runs were scored in the two days, the average thus being over a hundred runs an hour. A double century was obtained for the home team by H. D. Harben, the Worcester Liberal candidate at the last election, and centuries by F. A. How for Worcester and C. H. Hatton and J. B. Russell for the visitors. Yesterday 712 runs were scored in five hours and a half for the loss of eight wickets.

Tricycle Record Beaten.

J. Dudley Daymond, of the Bath Road Club, recently beat the London to Brighton and back unpaced tricycle record by completing the journey in 6 h. 19 min. 48 sec.—5 min. better than the previous record, standing to the credit of Leonard Drake, another Bath Road rider.

A Light Blue.

One of the tallest 'Varsity athletes, remarks *P.T.O.*, is the Old Carthusian, J. N. Buchanan. Standing six feet five, he towers over a rather tall Cambridge team, and for his brilliant batting against Northants and Gloucestershire, and all-round cricket generally, C. H. Eyre, the Light Blue captain, gave him his cap during the match against Gloucestershire. A first-class batsman, this good-looking and remarkably fine specimen of the English public-school boy is also a very good fast bowler and a capital fieldsman.

"Show me an old Charterhouse boy, and I'll show you a bad player on slow wickets," used to be rather a catchword among the cognoscenti, but Buchanan, like his famous predecessor, Wynyard, is also quite good when the rain has fallen.

Amateur Athletic Championships.

These events will be decided at Stamford Bridge on Saturday. At the time of writing, the following have entered:—

J. P. Hagerman, of the Occidental College, California, has entered for the high jump, long jump, and 120 yards hurdles. He holds Californian records in both the latter branches of athletics. Among his opponents in the hurdle race will be E. R. J. Hussey (winner of the hurdle race for Oxford against Cambridge at Queen's Club last March), and W. J. Gibson, of the London Hospital.

L. T. Sheffield, of the New York Athletic Club, has also entered for the long jump, in which P. O'Connor (holder of the world's record of 24 ft. 11¾ in.) will again defend his title.

Other entries thus far received include those of C. F. Cumberlege (L.A.C.) for the quarter-mile, H. C. Hawtrey (L.A.C.) (winner of the five miles race at Athens) for the mile and four miles, and R. Harrison, of North Shields, for the two miles walk.

First Thames Regatta.

With the regatta season in progress it is interesting to recall that the first regatta ever held on the Thames was on June 24, 1775.

The Annual Register says: "An entertainment, called a regatta, borrowed from the Venetians, was exhibited, partly on the Thames, partly at Ranelagh."

The Lord Mayor attended in his barge, his arrival being announced by a salute of twenty-one guns.

At seven o'clock there was a grand procession up the river from Westminster Bridge. Dancing went on at Ranelagh till the small hours, and on the return journey seven lives were lost.

Yachtsman Judge.

Mr. Justice Channell is happiest when "at sea," not on the Bench metaphorically, but literally on the "briny," for he is an enthusiastic yachtsman.

He was always what they call at Eton "a wet bob," for at Cambridge he won the Colquhoun sculls in 1860, and in 1861 rowed for First Trinity and captured the Henley Grand Challenge and Ladies' Plate.

At the Bar Mr. Justice Channell had, as was fitting, much Admiralty and marine work, and a story is told of a collision case in which he had failed to win. On the appeal, adds *The Onlooker*, a brother barrister, asked where the ship was lost, replied, "In the chops of the Channel, my lud."

Causes of Infant Mortality.

"One of the principal reasons why infant mortality is so high," said a medical witness at Marylebone County Court, "is that nursing mothers have acquired the habit of taking alcoholic stimulant. Our profession is divided on the subject, but I say emphatically that 'nourishing stout' is bad for mothers; and I'm not a teetotaler."

To Improve the Figure.

Drilling Exercises to Improve General Health.

Beauty specialists are always advocating the claims of daily exercises as a means of reducing what they euphemistically term "excess of adipose tissue," but few people seem to recognise the true value of scientifically performed movements as a preventive of all the hundred and one small ills of existence. Like everything else which is wholesome, they must be done regularly and with method, and the woman who has the strength of mind to devote five minutes every morning to some simple gymnastic exercise finds after a few weeks an immense improvement both in her figure and in her general health.

1.—First lie flat on the back, with the arms folded. Raise the head slowly, and get up without putting the hands or elbows on the floor. Repeat this several times.

2.—Stand in the middle of the floor, with the arms pressed against the sides, and the heels together. Raise the left arm and left leg simultaneously without bending the joints, until they are in a horizontal position, the toes pointing upwards, and then do the same with the right arm and leg. This exercise is somewhat difficult at first, but with practice the leg muscles are soon able to perform it without the least difficulty.

3.—Place the ankles together, and the arms "akimbo," and stand upright. Bend the knees slowly, and go down by degrees, as in making a deep curtsey, repeating this once or twice, raising the arms, at the same time joining the hands over the head. When at the lowest point count three slowly before resuming the erect position. This is an exercise which is always practised by French recruits to induce flexibility of the back and leg muscles.

What People Eat.

While the Arab eats lotus bread and dhourra with the relish of fresh dates, the Greenlander gorges himself on animal fat and whale oil as the necessary means of keeping warmth in his body.

Hindoos will not touch any form of flesh, but live happily on rice and rancid butter. An Englishman is supposed to value beef and bacon above all other articles of foods, while the dwellers in the Appennines live on chestnuts.

In ancient days (continues *The Family Doctor*) the Roman emperors were accustomed to have a peacock served at all great feasts as one of the principal dainties, while these bright birds' nests and rats form choice dishes in a Chinese menu.

The Stomach Clock.

"I cannot tell the time," confessed a middle-aged man named Ernest Bull to Mr. Justice Walton at Northampton Assizes recently.

"Good gracious!" muttered the judge.

The witness added that his meals were his only guide to hours.

"What's the time now, do you think?" asked the judge. The witness, gazing vacantly at the court clock, gave an answer an hour wrong.

READERS' CLUB.

President . . EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experience and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

A Soldier Who is a Credit to His Country.

Pembroke, Malta.

Brother Physical Culturists,—It is with pleasure that I take up my pen to add my testimony to the many others appearing month by month in Sandow's Magazine, a publication which I eagerly look forward to, and peruse with feelings akin to excitement, to obtain a tremendous impetus to resume work, and to literally and metaphorically go for it with three-fold vigour.

When a lad of 18, I was just an ordinary youth, with no particular ambition, until some of my friends one day prevailed on me to attend a gymnasium. Well, after a lot of persuasion, I decided to go, and after about two hours' monkeying and jumping, etc., I left with feelings of elation, and with a great desire to attend as often as possible, but when I arose in the morning, after a somewhat heavy sleep, oh! the agony of moving my limbs—I was as stiff as the proverbial board, and for a week I was constantly being reminded of my first night in a gymnasium. I began to think that something was wrong.

On going to the station bookstall one day, I happened to see a magazine on Physical Culture (Sandow's Monthly Magazine, 6d.). I bought it, and after perusal hungered for more, so procured a book entitled "The Physiology of Bodily Exercise," and after reading that I began to have an inkling of the grand truth of the benefits to be derived from exercising the muscles. Then I discovered "Strength, and How to Obtain It," by Eugen Sandow, and that completed the charm. From that day I determined to be strong; my ambition surged (I blush to own it) to be on a footing even with the great Sandow himself. I bought Sandow's Combined Developer and Spring Dumb-bells, and started work very gently at first, gradually doing the exercises a greater number of times day by day, and putting greater force into them. So I kept on for about twelve months (taking a cold bath every morning after exercise), finding that my muscles had got bigger, my carriage more upright, and my health improved wonderfully.

Then, from some unknown cause, my enthusiasm seemed to flag, and I went on in a desultory fashion till I reached the age of 21. It was about this time that I conceived a great desire to join the Army, thinking what a grand open-air life it would be.

Joining at the depôt, I started drilling and gymnastics, but oh! what hard work those gymnastics were! My opinion is, that a recruit's course of gymnastics in the Army is a bit too hard. I know that sometimes after leaving the gymnasium my legs were trembling, and I felt generally done up. If they were to start more gently, and gradually work up, the course would benefit the fellows to a greater extent.

After being in the gymnasium about a month, I found that my previous training with the dumb-bells had given me a good start, putting me well in front of most of the other fellows. I began then to obtain a fair proficiency in gymnastics, being able to hold balances, and to do some pretty good work on the bar. Then I went to join the battalion at Chatham, soon passed out of my gymnastic course, and found myself, as a trained young soldier, fairly muscular, and possessing strength a little above the average. My thoughts then turned to weight-lifting. I purchased a bar-bell weighing 90 lbs. In about three weeks I could snatch and slowly press this with the right hand, but I could never lift much, having no one to work with me till I came to Malta, and, finding a chum as interested as myself in Physical Culture and weight-lifting, my improvements went on by leaps and bounds.

I can now press with the right hand 200 lbs.

Snatch 120 lbs.

Put up 250 lbs. two hands.

Can press simultaneously the half-hundredweight in each hand 40 times.

Can raise 500 lbs. off the ground with both hands.

Support four men seated on a plank on my legs.

Two men hanging on bar-bell on shoulders, and swing them round.

While laying on back support bar-bell in both hands, with 13-stone man holding two half-hundredweights seated on it.

Can lift and carry on back a sack of sand weighing 280 lbs., with 10-stone man seated on neck.

I have just started working with left hand (as I believe in cultivating ambidexterity), but have been deterred from doing so for a long time on account of having a very bad sprained wrist. I have been at left-hand work now for about three weeks, and can snatch 112 lbs. and press 130 lbs., but my wrist still hurts a bit. What would you do with it? Do you think these feats are any

good, as I only weigh 10-stone? My measurements are not very great, as I am very small boned. They are as follows:—

Weight	10 stone.	Fore arm (L)	10¼ in.
Height ...	5 ft. 6½ inches.	Waist	28 ,,
Neck	14¼ ,,	Calf (R)	13½ ,,
Chest (con.) ...	31½ ,,	Calf (L)	13½ ,,
Chest (exp.) ...	38 ,,	Thigh (R) ...	20½ ,,
Upper arm (R)	13½ ,,	Thigh (L) ...	20½ ,,
Upper arm (L)	13½ ,,	Age	24 years.
Fore arm (R)	11¼ ,,		

I hope I am not encroaching too much upon your valuable space; hoping to see this rather lengthy epistle in the columns of pages devoted to the Readers' Club, in an early issue; thanking you in anticipation, and wishing your admirable magazine every conceivable success, I remain,

Your soldier friend,

RIFLEMAN H. G. CABER.

I am having photos. taken, and shall have much pleasure in sending specimens later on, and hoping they will be worthy of publication.

[Well, you have made splendid progress, but go a bit slow with that sprained left, and in time it will get all right. Rub in some of my Embrocation before and after exercise. Your remarks about the hardness of the recruits' training makes me feel anxious about how less strong recruits get through their work. Shall be glad to publish photo.—THE PRESIDENT.]

On Indian Service.

Hyderabad, Sindh, India.

SIR,—I am taking the pleasure of writing this to let you and the readers of the mag. know of the benefit I have derived from following your course of Physical Culture. I have been working regularly for about five months, and since starting the course I have had excellent health, and already gained a lot in strength. I do my work in the cool of evening, about an hour each day. We have such warm weather here, that it would be very uncomfortable working at any other part of the day.

I had your book, "Strength, and how to Obtain It," presented to me by a friend (Pte. O. Barton, who recently wrote his experiences in your mag.). After reading it and your magazine (to which we both are subscribers now), I purchased a set of your Developers, and am only sorry I did not purchase a set a couple of years ago.

I think the Club motto is a fine one, and I am doing my best to help many by passing your mag. on weekly to some chums, and a couple of them have already started with your Spring Grip Dumb-bells. We have got quite a lot of fellows in my regiment working regularly with your Developers.

I hope you will insert this in the Readers' Club column. I intend to enter the Gold Medal Competition in a month or two's time, and will forward a couple of photos. along with my measurements.

(Pte.) H. WHITE.

Sandow's v. J. P. Mueller's System.

30, James' Street,

Coalville, Leicestershire.

DEAR SIR,—The following will perhaps prove interesting to most members of the Readers' Club, inasmuch as it is a reflection on the demerits of the world-renowned Sandow system of Physical Culture. Most London readers will remember that on Thursday, April 5th, J. P. Mueller gave a display of his "My System" in Exeter Hall, London, to a large assembly of medical men, hygienists, professors, and instructors of Physical Culture. I am greatly in sympathy with Mueller's "My System," and I admit that it leaves nothing to be desired in the true pursuit of *health culture* and development. I am a great admirer of Müeller as an amateur athlete who has probably won more prizes in all-round athletic contests than any other man living or dead. But—and here's the rub—I believe in giving honour where *honour is due*, and *a fair field and no favour*.

In the prospectuses issued advertising "My System," which no doubt many readers have seen, there are remarks on the Sandow system which are, to Sandow enthusiasts, very galling indeed. I personally feel very vexed indeed at such remarks as these: "Most people are well acquainted with the Sandow system by *hearsay*"; "The Sandow system pays little attention to the *internal organs and skin* in comparison with the muscular development." The Sandow system of curative treatment has cured thousands of both sexes the world over of constipation, indigestion, sluggish liver, and kidney troubles, weak heart, consumption in first stages, internal hemorrhoids, gastric catarrh, diseased skin, such as piles, fistula, eczema, boils, and abscesses, and to be taunted with this is enough to make any Sandow enthusiast lose his temper.

This system, which I know by experience to be *par excellence*, I have lectured on and displayed in public; I teach it at my Coalville School of Physical Culture: I taught it at the Coalville Christ Church and All Saints' Physical Culture classes, and I *know* it does not neglect either the internal organs or the skin, unless—and this is where J. P. Müeller is quite justified in having this opinion of the Sandow system—those who have cried down our Sandow system have not worked under proper instruction; they have been exercising with heavy clothes on instead of stripping to let the skin breathe. The skin has been neglected, the dead cuticle has not been removed by the brisk rubbing which should accompany the cold bath; I dare say they neglect even that. The whole exercises have been grossly misused, and J. P. Müeller's correspondents, of course, did not tell the gentleman that weight-lifting is not nor ever has been a part of the Sandow system, but is a matter of personal choice for those who are of age, strong in frame, have well-developed muscles, and, above all, have strong *internal organs* or vitality.

Sincerely, I remain, Mr. Sandow (Friend of the Human Race),

HENRY E. BROWN.

Four Tiny Sandow-ites.

Liverpool.

SIR,—The budding quartette of Sandow-ites, whose photos. you will find enclosed, have been readers of your paper for some months now, and the gaining of your medals seems to be irresistible to them. In and out of season they have pestered me to take their photos. and forward same to you, with the intimation that if they receive the medals I am honourably bound to photo. them again with medals on.

Since starting your paper they have started an informal sort of gymnasium, taken possession of the back yard, and fill it with half the children of the neighbourhood on two or three nights per week.

Anyhow, I must say I stand somewhat in your debt, in so far that their health has greatly improved, and also my own, for when time permits (which is not very often, I am sorry to say) I go through their exercises with them, and derive a deal of pleasure and benefit. The tackle they use and the costumes are from their own small savings, but they will know no real satisfaction until they get the Grip Dumb-bells and a Punch-ball. Their names are—Francis J., Ernest E., Josephine M., and John R. They send their best wishes to you, and kindly accept those of

F. O'SULLIVAN, SENR.

[Needless to say, I have been immensely pleased with Mr. O'Sullivan's letter, and shall be delighted to forward Fellowship Medals to himself and his four little Sandow-ites. A photo. of Mr. O'Sullivan's interesting family will be published in an early issue. THE PRESIDENT.]

How to Form a Club.

Haydock.

SIR,—I have been a close reader of your magazine for some time now, and I would very much like to become a member of your Readers' Club. I am trying my best to start a club over here, and I should be greatly obliged if you could assist me a little in the matter. I have got thirteen young fellows already, and I am sure in a short time I shall be able to gather together no less than thirty or forty members. I pass your magazine, in which they take a great interest, round to them every week.

WM. LAURENSON, JUNR.

[If my correspondent will refer to the last issue of the Magazine he will find an answer to his query in the Readers' Club section.—THE PRESIDENT.]

Weak Eyes Benefited.

Hulme, Manchester.

SIR,—As a reader of your excellent magazine, and being one who has derived great benefit from its principles, I take the liberty of writing to your Readers' Club.

Before I studied Physical Culture I suffered much from weak eyes; in fact, I was practically a weakling, though never actually unhealthy. I have never heard of any person's eyes being benefited by Physical Culture; but that is all I can ascribe the improvement in my eyes to. It is my belief that by strengthening the body, one strengthens the entire system, including the eyes. I am sure that if a really good system of training was introduced in our schools, we should do away with many ailments. How can a man know anything if he does not know himself? My chum began Physical Culture soon after me, and has also to thank your magazine and dumb-bells for his good health.

I have just started drawing specimens of Physical Culturists, etc., but have found it more troublesome than other drawings. They all seem to be out of proportion. I enclose one or two, and should like to know if they are very bad for a beginner.

Wishing your magazine and apparatus all the success they have the right to expect,

ALBERT V. GREENOUGH.

[My correspondent's sketches are by no means bad for a young beginner, but they are scarcely of sufficient merit yet to merit publication.—THE PRESIDENT.]

Exercise for Manual Workers.

Pretoria.

SIR,—After reading the letter of B. Stringfellow (published in your issue of May 17th), relating his experience as a blacksmith *re* Physical Culture, I feel urged to contribute a little knowledge I have gained on that subject. I suppose here we have men from all parts of the world, all sorts and conditions, and those that are hardest to convince of the benefits of Physical Culture are those performing manual labour. They maintain they have too much exercise. Quite right, in a sense. But is it of a right sort? No, not always of a kind to ensure good health.

Here we have attending the Sandow School a good many men from the railway workshops, engineers, fitters, blacksmiths, etc. Two and three times a week these young fellows attend the classes, and look forward to those evenings with pleasant anticipation. All have benefited without a single exception. A general feeling of fitness has been the result, and the ability to perform the most arduous work with less fatigue.

The principal thing we consider (my brother and self) is the development of the lungs and chest. Our great aim is to increase the lung capacity by giving breathing exercises, obstacle exercises for the lungs (these are exercises performed whilst the air is retained in the lungs); also exercises which produce moderate breathlessness, thereby increasing the respiratory need. These exercises are given to these hard workers in preference to others requiring more muscular energy. A good foundation is established; the lungs are strengthened. After all, it is not so surprising that these men are able to work untiringly.

The increase in chest measurement is somewhat astonishing, it being understood that most of the men are more or less developed (owing to the nature of their work) before commencing

a course of exercises. From our books we can quote many cases of increase in chest from two to three inches in six months

I hope you do not think I am writing this letter merely to expound on Physical Culture. My wish is to support B. Stringfellow in his statement, and to dispel the common belief that bodily workers do not require exercise. We all know that these men feel tired after a day's work, and the inclination for physical exercises is practically *nil;* but I feel sure if they were to try at first a few breathing exercises two or three times a week, even for a month, they would certainly feel a great benefit, and would be encouraged to follow the example of Mr. B Stringfellow.

I certainly maintain that physical exercise, correctly taken or given, will benefit every living person. If you think this letter will be of benefit to your readers, use it as you think proper.

ARTHUR H. COLLARD.

P.S.—Since you left Pretoria hundreds of Sandowites have sprung into existence. I have noticed it more particularly since my return to Pretoria after touring with you through India and China.

THE LONG AND THE SHORT OF IT.
Two Sandow readers who have won prizes for Wrestling and Weight-lifting.

A. Skea, Box 373, Pretoria, sends me an interesting cutting from "The Transvaal Advertiser," in reply for which service I am pleased to award him a Fellowship Medal.

Importance of Relaxation.

VERY few people realise the nervous tension under which they labour, caused by the continual striving for higher education, social prominence, or business success. The process is begun early, and our children, on whom the future of our nation depends, are driven and pushed every day in our public schools at the expense of their entire nervous systems. Plants forced to premature flowering are weakened, and either bloom themselves to death or die at an early age. Back of all collapse, physical or mental, is lack of nerve force.

What is nerve force or vital energy? It is the power within ourselves that controls our actions. Its extravagant use, or insufficient supply are alike caused primarily by tension or over-tension. A nervous person who holds himself rigid or tense is always nervous. Tension causes fatigue, irritability, self-consciousness, insomnia, dyspepsia; in fact, helps in a great measure to bring about "all the ills flesh is heir to." Every action of the organs of the body uses some amount of nerve force, but the use of an unnecessary amount is tension. If, in lifting a table or chair, you use your back when only your arms are needed, a great amount of vital energy is wasted. If, in sweeping or walking, more force is employed than is essential, that is tension. When seated, persons often lock their arms, or clasp the hands; that, too, is wasting nerve force. In physical economy, as other matters, vitality saved is vitality gained. We need every atom of strength that is in our bodies. Keeping nerve force in the muscles when there is no legitimate use for it, is like keeping up steam in a locomotive that is idle.

Wrong Diagnosis.

Mr. Ferguson, who had been delivering his own purchases and those of his wife for more than a week, was decidedly under the weather, and the doctor had just called and left a prescription.

"What does the doctor say is the matter with me?" he asked.

"He says," answered Mrs. Ferguson, "there is nothing really the matter. All you need is exercise."

"Get another doctor!" roared Mr. Ferguson.

Showed Marked Improvement.

A rather elderly gentleman of quiet tastes, who lives not far from Aberdeen, was feeling poorly last spring, and sought medical advice. The doctor looked over his patient and sized him up as one that needed a stimulant, say, a little hot toddy.

The old man objected on account of the bad example it would be setting before his family.

"That is easy," said the doctor, "just call for the hot water, saying that you wish to shave, and keep the other ingredients in your own possession."

The next day a neighbour called to inquire how the elder was getting along.

"He seems to be feeling much better," said his wife. "I feel sure of it, because he is beginning to have more regard for his personal appearance. He shaved three times last night and twice this morning."

Only Woman Golf Teacher.

There is one lady in England who can proudly point to her position as being absolutely unique. She is a professional instructor in the game of golf, and gives her lessons at the Prince's Ladies' Golf Club at Mitcham.

Mrs. Gordon Robertson has been teaching for just a year, and in that time has given over five hundred lessons. In one month alone she gave ninety-seven, for golf is a game that ladies are taking up with enthusiasm, and they yearn to excel their male friends.

"I think women can teach women golf much better than men," said Mrs. Robertson recently to a *Daily Mail* representative. "It is difficult for a man to teach a woman, for the woman knows (at least, I do) the faults that women make in learning the game. She knows their power, strength, and their weakness, and can, therefore, anticipate and overcome their difficulties. Personally, I am not a great golf-player, but people tell me that I know how to teach it."

With the exception of one or two "finishing" schools that she visits, Mrs. Robertson only instructs members of her own club on the club course, and does not go further afield. "I don't want to enter into competition with the male professionals," she said.

Diet for Rheumatism.

Rheumatism is the result of the presence in the system of certain waste matters. To relieve rheumatism it is necessary only to eat little or nothing, drink freely of distilled water, three or even four quarts daily, to keep the colon clear, and to ensure proper action of the skin by daily baths. In an acute attack it is best to eat nothing whatever for three or four days, drinking freely during that period. If food be taken it should consist mainly of fruits, salads and cereals, all uncooked. Meats should especially be avoided. Diet is only one factor in the cure of this troublesome disorder.

Answers to Correspondents

Are necessarily so brief as to leave much desired in regard to Readers' training.

—very much—to be the case where any proper direction of This is especially affects development.

ailment exists that with the early or ad-

If you are troubled vanced stages of indi- gestion, constipation, loss of vigour, in- somnia, or other ner- vous and functional disorders, you really need very careful and continuous direction if you are to get the better of your trouble as quickly as possible, and thus at the same time lay a firm founda- tion for your future health and strength of body and mind.

I will gladly assist you if you would like me to do so.

In the first place will you please apply for a copy of my book explanatory of my *curative treatment.* I shall be pleased to send it to you as a Reader free of charge, and post free. The book contains details in full, and also includes a blank form containing questions which you will find will enable you to state your case wonderfully clearly. My advice and direction of your treatment would be based on your replies to these queries, and as affected by later reports of your continued improvement under my personal direction.

Please address me personally, and I will quickly send you book and full particulars for your guidance.

EUGEN SANDOW, Dept. S., 17 & 18 Basinghall St., London, E.C.

Water Drinking.

For the past few years physicians have been strenuously urging the necessity of drinking water. Copious draughts are required by the system, not only to assimilate with the food, but to flush the stomach, bowels, and kidneys, in order that they may be better able to perform their work.

Men and women in every community have been experimenting along these lines, and are proving the wisdom and efficacy of this daily internal bath. There must be method, however, in this frequent flushing of the system with water, or harm instead of good will follow.

To eat a hearty meal of even the most wholesome kind of food, and immediately wash it down with a glass of ice water, is a foolhardy proceeding. Moderately cold, or even hot water, or, in fact, liquid of any kind, cannot be taken with impunity into the stomach on top of a hearty meal.

Water, in order to have the most desirable effect, should be taken on an empty stomach, otherwise the gastric fluid will be so diluted that it cannot properly perform its functions. Half an hour, or an hour before breakfast, midway of meals, and on retiring, are the most approved times. A quart or more during the day will serve to keep the system in good condition, and will keep the stomach, bowels, and kidneys in *good* working order, provided these rules are rigidly adhered to.

Parents, however, while pursuing this course of treatment with themselves, often fail to instil the same mode of procedure into the minds of their children. Let them early be taught, both by precept and example, that there are stated times when water may healthfully be partaken of, and that there are also times when large draughts of water are very harmful. It cannot be too forcibly impressed upon the young mind that ice cold water should seldom, if ever, be indulged in, and that inordinate drinking of it, when very much heated, or after a full meal, is extremely harmful, and may prove fatal.

To Relieve Headache.

A headache is often relieved by bathing behind the ears with right hot water.

Saving Eyesight.

The following rules for the care of the eyes conform to well-established laws of eye physiology :—

Avoid reading and study by poor light.

Light should come from the side and not from the back or from the front.

Do not read or study while suffering great bodily fatigue or during recovery from illness.

Do not read while lying down.

Do not use the eyes too long at a time for near work, but give them occasional periods of rest.

Reading and study should be done systematically.

During study avoid the stooping position, or whatever tends to produce congestion of the head and face.

Select well-printed books.

Correct errors or refraction with proper glasses.

Avoid bad hygienic conditions and the use of alcohol and tobacco.

Take sufficient exercise in the open air.

Let the physical keep pace with the mental culture, for asthenopia is most usually observed in those who are lacking in physical development.

A Human Ostrich.

A curious way of earning a living was revealed at an inquest held recently at Islington on a man named Robert Naysmith, aged thirty-four. According to the widow, for some years the deceased had been in the habit of gaining a living by chewing glass, swallowing needles, hatpins, nails, and stones. He was known as the human ostrich, and descriptions of him, it was said, had appeared in several magazines. He began at last to waste, and it was thought that he was suffering from consumption of the lungs. At last he had to give up his exhibitions, and gained a precarious living by selling bootlaces. Eventually he entered the infirmary, where he died.

The medical evidence showed that some hatpins and needles were found in the liver and kidneys, and some in the intestines, and also some brass-headed nails. Deceased's stomach was in a state of inflammation. The articles found had set up gastritis and peritonitis.

Dr. Robinson produced some thirty hatpins, needles, and brass-headed nails, which the coroner and jury inspected. A juror said that he had seen deceased performing in the streets. The Coroner said it was a most extraordinary manner of obtaining a living. Dr. Robinson said that the relatives had been informed of the death. When they visited the deceased three weeks ago they were told that he would not live many weeks, and they went and arranged with a neighbouring undertaker for the funeral.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

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As an element of human character. This would set many a man or woman in much better relation with themselves and to society than they now are. Price 7d. post free.

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Full of suggestions to those who would improve bodily, mental, and moral conditions.

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The Processes of Water-Cure explained. By R. T. TRALL, M.D.—1s., post free 1s. 2d.

This work exposes popular errors, contrasts Hygienic and Drug Medication, gives rules for Bathing, Dieting, Exercising, etc., and Practical Directions for Home Treatment.

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By GEORGE H. ALLEN, the Vegetarian Long-distance Walker. Being an account of his record walk, in which he accomplished 908½ miles in 16 days, 21 hours and 33 minutes. Price 1s. net, post free 1s 2d.

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By R. DIMSDALE STOCKER.

The well-known author, whose previous efforts have been so well appreciated by the public and Press, explains in eight lessons the diverse phenomena, as indicated below, and gives practical suggestions and instructions for directing them to given ends.

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Principles and Remedial Treatment by Imparted Motion. Description of Manual Processes. By G. H. TAYLOR. 203 pages. Cloth, 4s. 6d., postage 4d. extra.

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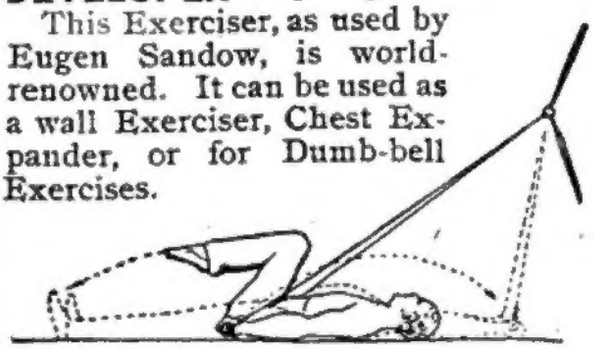

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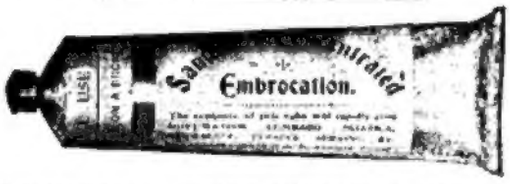

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